



## **Pencak Silat Sport Performance Development: A SWOT Analysis**

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### **Abstract**

**Purpose of study.** This research was motivated by the unknown of how the development of pencak silat sports achievements in Padepokan Tanpa Bayangan Magetan was based on SWOT analysis. This study aimed to describe the development of pencak silat sporting achievements in Padepokan Tanpa Bayangan Magetan based on SWOT analysis.

**Materials and methods.** This research was descriptive research with a survey type and qualitative approach. The research subjects were 15 people, consisting of administrators, coaches, and athletes of Padepokan Tanpa Bayangan Magetan. This research instrument used an open questionnaire and used the help of equipment such as mobile phones, cameras, recorders, stationery, and notebooks to support the course of research. Data collection techniques using interview techniques, observation, and documentation.

**Results.** 1) The most prominent strength was that the management facilitated all the needs of athletes as well as funding that was already smooth and able to be managed optimally. 2) Weaknesses were found in the training ground in an open or outdoor room. 3) Opportunities that exist were championships that began to be routinely competed. 4) The worrying threat was that there was a concern that the regeneration of athletes was hampered.

**Conclusion.** The results of this study were that in terms of quantity, there were more strengths than weaknesses and more opportunities than threats. The preparation of strategies using the SWOT matrix produces several strategies. One strategy that can be applied is to maintain and improve the quality and achievements of athletes, then look for additional donors or new sponsors.

**Keywords:** SWOT Analysis, Performance coaching, Pencak silat

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### **Introduction**

Pencak silat is one of Indonesia's original traditional martial arts sports, which includes martial arts, arts, spiritual, mental, and family teachings (Reswanjana, 2021). Pencak silat has evolved into a competitive sport that has been competed in various championships from district to international levels. The success of an athlete in achieving achievement requires optimum and sustainable coaching. Optimal coaching is one of the important factors in achieving the

highest achievement, achievement becomes a benchmark for the success and success of coaching (Wibowo & Hidayatullah, 2017).

Achieving proper coaching certainly requires a place to foster athletes to become reliable athletes. The success of sports coaching will be largely determined by factors such as the quality of athletes, coach qualifications, participation in matches, infrastructure, and the support of Science and Technology (IPTEK) in the field of sports. The development of science and technology will greatly help human activities, including in the field of sports. Appropriate use of science and technology is not the only factor in achieving achievement, but if its use is carried out appropriately, it will be one of the factors supporting achievement (Rizal, Hafidhurriqi, & Mahmudi, 2018). According to Candra (2016) apart from the Human Resources (HR) factor and the utilization of science and technology, coaching is also very much determined by funding policies and adequate facilities. Everything forms a unity with the aim of improving achievement.

An achievement can increase when the coaching system can run well and sustainably. One way that can be done is to recognize the strengths and weaknesses that are owned. As well as knowing the opportunities and threats that exist. One of the efforts made is the Strength, Weakness, Opportunity, and Threats (SWOT) analysis. SWOT analysis is a systematic method for formulating a company strategy. This analysis focuses on maximizing strengths and opportunities, and minimizing weaknesses and threats (Rangkuti, 2006).

There are 16 achievement coaching clubs under the auspices of the Indonesian Pencak Silat Association (IPSI) in Magetan Regency. One of them is Padepokan Tanpa Shadow. So far, the Padepokan Tanpa Bayangan club has fostered athletes from early ages to adult level. Various achievements have been made by athletes ranging from district to national levels. Since the establishment of this club, several athletes have been sent to the provincial, national, and even international levels both representing the name of Padepokan Tanpa Bayangan, the region, and educational institutions.

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The purpose of this research was to describe the development of pencak silat sports achievements in Padepokan Tanpa Bayangan Magetan based on SWOT analysis. Knowing the SWOT factors in Padepokan Tanpa Bayangan Magetan, it is expected to provide alternative strategies for the development of achievements in the championships that are followed in the future. This research is useful to provide additional knowledge and knowledge about SWOT analysis and as a contribution of information that can be used for evaluation as well as input in efforts to improve achievement in the future.

## **Materials and Methods**

### **Study participants**

According to Siyoto (2015), data sources in research are primary and secondary data. In this study, primary data were obtained from interviews and observations of administrators, coaches, and athletes at Padepokan Tanpa Bayangan Magetan. The targets of this research were 3 administrators, 2 coaches, and 10 athletes. Then, secondary data was obtained from the documentation of the Padepokan Tanpa Bayangan Magetan Club.

## Study organization

This research used a descriptive method with a survey type and qualitative approach. Researchers described or described matters relating to the development of pencak silat sporting achievements in Padepokan Tanpa Bayangan Magetan. This research instrument was an open questionnaire and used equipment such as mobile phones, cameras, recorders, stationery, and notebooks to support the research. Data collection techniques were a very strategic step in research. data collection techniques in this study used interviews, observation, and documentation (Sugiyono, 2013).

### 1. Interview

Interview is a method of collecting data directly by meeting face-to-face to obtain data from the party concerned (Winarno, 2013). Researchers used in-depth interviews, which are flexible and open, not strictly structured, and not too formal (Nugrahani, 2014).Observasi

### 2. Observation

Observation was used to collect data and find out events directly by observing and recording (Nugrahani, 2014).

### 3. Dokumentastion

Documentation was used to complement the research results to make it more credible and reliable. Data from the documentation gained from archives, writings, and images (Sugiyono, 2013).

## Statistical analysis

The data validity test in this study used source triangulation, which allowed researchers to double-check and complement the information obtained. Data analysis techniques were data reduction, data presentation, and conclusion drawing or verification.

**Table 1. SWOT Matrix** (Sumber: Margie, Triputra, & Darmansyah, 2020)

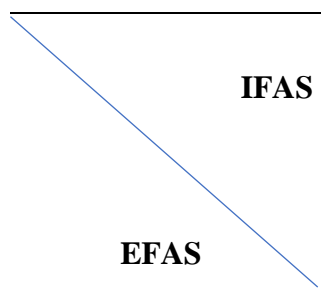
<div>IFAS</div> <div>EFAS</div>	Strength (S)	Weakness (W)
	<div>Strength-Opportunity (SO)</div> <div>Opportunity (O)</div>	<div>Weakness-Opportunity (WO)</div> <div></div>
	Following up on opportunities that match your strengths.	Eliminating weaknesses in order to utilise opportunitites, converting current weaknesses into opportunitites
	Strength-Threats (ST)	Weakness-Threats (WT)
Threats (T)	Utilising strengths to ward off threats.	Developing defensive strategies in order to avoid weaknesses becoming the target of threats.

The use of the SWOT matrix can help find several alternative strategies through the identification of internal and external factors of a company or organization. According to Suci (2015), the four strategies of the SWOT matrix are as follows: (1) SO (Strength-Opportunity) strategy, which is a strategy that utilizes all the strengths possessed to get the maximum opportunity. (2) ST (Strength-Threats) strategy, is a strategy that maximizes the strengths possessed to overcome the threats detected. (3) WO (Weakness-Opportunity) strategy, is a strategy that takes advantage of existing opportunities to minimize weaknesses. (4) WT (Weakness-Threats) strategy, is a defensive strategy directed at reducing internal weaknesses and avoiding external threats.

## Results

The results of this study described the development of pencak silat sports achievements in Padepokan Tanpa Bayangan Magetan based on SWOT analysis.

**Table 2.** SWOT Analysis Result

<div style="text-align: center;">  </div>	IFAS	Strength (S)	Weakness (W)
		<ol style="list-style-type: none"> <li>1. Management had already been established</li> <li>2. Sports management had been implemented</li> <li>3. Management facilitated all athletes' needs</li> <li>4. Funding was smooth and optimally managed</li> <li>5. Competent coaches</li> <li>6. Athletes had high motivation and enthusiasm</li> <li>7. Team cohesiveness and self-confidence was increasing</li> </ol>	<ol style="list-style-type: none"> <li>1. Outdoor training venue</li> <li>2. Mattresses that were due for renewal</li> <li>3. Some of the athletes had a low level of discipline</li> </ol>
	Opportunity (O)	Strategy SO	Strategy WO
	<ol style="list-style-type: none"> <li>1. Regular championships resumed</li> <li>2. Competition was tight and athletes were more eager to excel</li> <li>3. Appreciation from the government</li> <li>4. Technological advances</li> </ol>	<ol style="list-style-type: none"> <li>1. Trainers should be innovative in developing training programs</li> <li>2. Administrators and coaches should always motivated the athletes</li> <li>3. Athletes should continue to spur themselves</li> <li>4. Maximize social media</li> </ol>	<ol style="list-style-type: none"> <li>1. Optimize all existing facilities</li> <li>2. Coaches should be more assertive regarding the discipline of athletes.</li> </ol>

<i>Threats (T)</i>	<i>Strategy ST</i>	<i>Strategy WT</i>
<ol style="list-style-type: none"> <li>1. No regular sponsor</li> <li>2. Concerns that athlete regeneration was hampered</li> <li>3. Lack of socialization and not adapting to the new rules</li> </ol>	<ol style="list-style-type: none"> <li>1. Improving the quality and performance of athletes to attract sponsorship co-operation and promotion to the community.</li> <li>2. Including athletes in matches that use new rules</li> </ol>	<ol style="list-style-type: none"> <li>1. Control the expenditure of funds</li> <li>2. Continue to encourage athlete discipline in training activities.</li> <li>3. Encourage IPSI Magetan Regency to organize workshops and training related to the new regulations.</li> </ol>

*Strengths* owned by Padepokan Tanpa Shadow Magetan include: (1) The management had been formed, (2) Sports management had been implemented, (3) The management facilitated all the needs of athletes, (4) Funding was smooth and able to be managed optimally, (5) Competent coaches, (6) Athletes had high motivation and enthusiasm, (7) Team cohesiveness and self-confidence were increasing. Then, the *weakness* factors in Padepokan Tanpa Bayangan Magetan were: (1) Outdoor training places or outdoor, (2) Mattresses that were due to be updated and not in accordance with the new rules of the pencak silat competition, (3) Some athletes had a low level of discipline.

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*Opportunity* that existed in Padepokan Tanpa Shadow Magetan, as follows: (1) Regular championships had begun to be held again, (2) The number of martial arts clubs that stood made the competition tight and athletes more enthusiastic in achieving, (3) Athletes who performed had the opportunity to get appreciation from the government, (4) Technological advances. Furthermore, the threat factors that were found in Padepokan Tanpa Bayangan Magetan were: (1) There was no permanent sponsor, (2) There were concerns that the regeneration of athletes was hampered, (3) Lack of socialization and not adapting to the new rules of the pencak silat competition.

## Discussion

### *Strength*

In Padepokan Tanpa Shadow Magetan, the management structure had been formed and its implementation was good as seen from the implementation of existing tasks. This can be seen from the activities carried out both during training and participating in matches which all ran smoothly. According to (Muhammad & Purnomo, 2021), stating that an organization is running well and directed can be seen from the administrators in carrying out their duties according to their respective responsibilities. In sports and other fields, planning is needed to determine goals and develop strategies to achieve these goals. One of the benefits of planning in sports is to encourage people to give the best possible performance (Lismadiana, 2017). All

functionaries in Padepokan Tanpa Shadow Magetan such as administrators and coaches and parents of athletes had the same goals and targets, namely athletes could achieve the highest possible achievement. Then, the athletes themselves have a goal to develop their talents in the field of achievement.

During the process of fostering sports achievements, facilities and infrastructure are something that should exist to help the athlete's training process. Sports infrastructure facilities can be defined as everything that is needed for the implementation of sports activities, such as buildings, buildings, fields, and equipment (Prasetyo, Damrah, & Marjohan, 2018). Padepokan Tanpa Shadow's management had prepared all the facilities and infrastructure needed by athletes. The quantity available was sufficient and the condition of the training equipment was mostly still suitable for use and only a few needed to be updated. Training grounds, mats, first aid kits, and other training equipment according to each category such as body protectors, pacing, weapons, toya, and many more were available. Regarding other needs such as drinking water, vitamins, supplements, and fruits were sufficient. Athletes were free of charge both during training and participating in matches so they only focused on maximizing their potential in order to be able to achieve achievements. Finance is one of the main sources driving all activities carried out. With sufficient funds and optimal management, it will help the smooth running of the activity program. The funds owned by Padepokan Tanpa Bayangan Magetan were obtained from donors or sympathizers who were not binding in nature. The existing funds were always managed optimally by using the principle of openness, financial reporting activities were always carried out every month both to the management and donors.

All coaches at Padepokan Tanpa Bayangan Magetan already had a certificate of coach upgrading and were experienced in the sport of pencak silat because all of them used to be athletes. Training programs were always prepared before training began and the trainers were always disciplined and responsible in training. Even with makeshift equipment that was modified, the coach could make good use of it. This shows that the coach was quite creative and solutive. Psychological such as thinking power, discipline, enthusiasm, willingness, perseverance, and personality traits should be maximally supported and high enthusiasm so that it helps in achieving optimal results (Hasyim & Saharullah, 2019). From a psychological point of view, athletes had high motivation and enthusiasm in both training and competition activities. This can be seen from the willingness to excel and the discipline applied by each athlete, but there were also some athletes who were still lacking in terms of discipline.

During training activities, the coach should be able to communicate and interact with athletes so that an atmosphere of intimacy and cohesiveness is formed. One of the tasks of a coach is to make a training program by taking into account the age, ability, and physical condition of the athletes. The coach said that in the evaluation session after the training is over, he always invites discussion and motivates athletes. Outside of training activities, coaches often invited athletes to gather casually so that the chemistry they had was increasingly formed and strong.

### *Weakness*

According to Agus S. Suryobroto (in Wardani, 2017), one of the criteria for ideal infrastructure facilities in the development of pencak silat sports is to have a training ground or a special training Padepokan which size can hold a 10x10 meter mat. Training activities at Padepokan Tanpa Bayangan were carried out in an open or outdoor courtyard. The obstacle faced was that when the rain arrived it would be difficult to practice so training activities would be hampered. In terms of facilities and infrastructure owned, it was adequate, but the condition of the mat was not feasible and needed to be updated. The mats that were owned were thin and had holes, so they were often detached when used during training. In addition, there were new

regulations regarding the mats used in pencak silat, which had a thickness of 3-5 cm, which was previously 2 cm.

In addition to these factors, athletes are also one of the important factors of success in coaching. Athlete discipline will certainly affect the results obtained. Discipline is very important for the development of athletes, both in terms of personal, career, and social. Discipline is needed anywhere and by anyone because there are always rules and regulations that must be obeyed (Ariyani, 2019). In Padepokan Tanpa Bayangan, there were still athletes with low discipline, such as frequent absences, frequent late arrivals, lack of seriousness during training, and some others.

#### *Opportunity (Peluang)*

In addition to the maximum training process, it must be accompanied by participating in existing championships to test and evaluate the extent of the athlete's abilities (Mulyadi, 2015). During the covid-19 pandemic, many matches were delayed or even canceled. After the covid-19 pandemic ended, championships that were routinely held every year began to be held again, especially at the regional or district level. The existence of a continuous match will create a competitive climate in fostering athlete achievement (Wardani, 2017). Most of the championships competed in Magetan district use a system between clubs or hermitages. There were many pencak silat clubs or padepokan that stood so that the competition for champions was getting tighter. This is very good for Padepokan Tanpa Bayangan athletes in competing sportively, so that enthusiasm, strong determination, and hard work in training appear so that the expected results can be achieved.

External factors such as the government also have an important role in fostering sporting achievements, especially in improving athlete achievement. The management of Padepokan Tanpa Bayangan several times submitted the names of their athletes who performed well through the IPSI Magetan district which was forwarded to the relevant government. As a result, some athletes received bonuses in the form of coaching money. Then, related to the existence of technology was utilized for promotion and attracting public interest. In today's modern era, technology and sports cannot be separated. One example that is done is aimed at management purposes such as promotion. Promotion is a medium to introduce, inform, and show the public about what is owned and other advantages (Budiman, Arif, & Roem, 2019). An example of the use of this technological development is the use of social media as a venue for promotions such as Instagram, YouTube, TikTok, and WhatsApp applications.

#### *Threats*

In an achievement coaching activity, funds or finance become the driving force in carrying out activities. Sources of sports funds can be obtained from the community based on applicable regulations, non-binding assistance, sports industry business results, and others (Mulyadi, 2015). Related funding in Padepokan Tanpa Shadow was obtained from donors or sympathizers who were not binding in nature and did not yet have a permanent sponsor. It was quite feared that this would falter in the middle of the road so that the activities that had been arranged did not run smoothly, such as mattress renewal. In this case, the management did not dare to tie a permanent sponsor in funding all the necessary needs, but the management always strives for the best for Padepokan Tanpa Bayangan.

In addition, the athlete regeneration factor should also be considered. One of the factors of athlete regeneration is external factors, including: aspects of the social environment, surrounding climate weather, distance, parents, family, and society (Riskyan, 2020). The Padepokan Tanpa Bayangan club was experiencing concerns regarding the regeneration of athletes, this occurred because of the increasing number of pencak silat clubs and the distance and time closer to the athlete's home, training hours that coincided with the athlete's mandatory

activities, namely school and work. The last factor is the new rules for pencak silat matches that are starting to be implemented. The management team and coaches of Padepokan Tanpa Bayangan still lacked socialization and athletes had not adapted to it because they had never participated in training or matches that used the new rules.

After finding the factors such as strengths, weaknesses, opportunities, and threats that exist in Padepokan Tanpa Shadow Magetan, then analysed alternative strategies that can be applied using SWOT matrix. The results of the analysis are:

#### Strategy SO (*Strength-Opportunity*)

Strategies done are: (1) Trainers should continue to innovate in compiling training programs so that athletes are not bored and their enthusiasm is maintained, (2) Administrators and coaches should always be able to motivate and convince their athletes to always be confident in what they have and not be inferior when meeting opponents, (3) Athletes should continue to spur themselves and strengthen their enthusiasm and determination during training and matches, (4) Administrators can maximize their social media such as Instagram, youtube, tiktok, and other applications.

#### Strategi ST (*Strength-Threats*)

Strategies that can be done are: (1) Improve the quality and achievements of athletes to attract sponsorship cooperation, (2) Maintain and improve the quality and achievements of athletes as a promotional event to the public, (3) Include athletes in matches that use new rules as a place to learn and adapt.

#### Strategi WO (*Weakness-Opportunity*)

Strategies that can be applied include: (1) Regarding sports facilities and infrastructure, coaches are asked to be able to optimize whatever they have. If it rains, the management can apply for permission to use buildings for training activities such as the local village hall, (2) Trainers must be more assertive regarding athlete discipline because this relates to the quality and achievement of athletes.

#### Strategy WT (*Weakness-Threats*)

Strategies that can be done include: (1) With limited funds available, the club should be able to control the expenditure of funds, (2) The coach should be able to encourage athletes to be more disciplined in training activities, because this will be one of the important assets in facing the match, (3) Encourage IPSI Magetan Regency to hold workshops and training related to new regulations.

### **Conclusions**

The results of the SWOT analysis conducted at Padepokan Tanpa Shadow Magetan show that in terms of quantity, there were more strength factors than weaknesses. Then, there were more opportunity factors than threat factors. (1) The most prominent strength was that the management facilitated all the needs of athletes and funding was smooth and able to be managed optimally. (2) The most influential weakness was the training ground in an open or outdoor room because when it rained, it would interfere with training activities. (3) The most important opportunity was the championships that began to be routinely competed so that they could increase athletes' flying hours. (4) The most worrying threat was that there were concerns that the regeneration of athletes was hampered.

The preparation of strategies using the SWOT matrix resulted in several alternative strategies that could be applied, including: the athletes should continue to spur themselves and strengthen their enthusiasm and determination during training and matches. For coaches, they should continue to innovate while increasing athlete discipline and optimizing existing facilities & infrastructure. Innovative training activities can be in the form of varied training programs and training activities that do not bore athletes. With limited facilities & infrastructure, the coach can make modifications as much as possible for the smooth running of the training



program that has been compiled. Furthermore, utilizing social media for promotion. In this digital era, there is a wide opportunity to maximize it to attract people to train.

For the management, they can look for additional donors or new sponsors, because the income will help in terms of training activities and can be used to invite athletes to participate in championships. Then, help maintain and improve the quality and achievements of athletes, and encourage IPSI Magetan district to hold workshops related to new regulations and include athletes in championships that use new regulations. With this new regulation, administrators, coaches, and athletes must be able to adapt well before the match.

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### Conflict of interest

All authors declare that there is no conflict of interest whatsoever in this research.

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